

1 What is claimed is:

- 2 1. An exercise assembly for a user's upper body, said exercise
3 assembly comprising:
4 a) a frame including a base disposed on a supporting surface
5 and a track assembly connected to said base,
6 b) said track assembly including a front portion operably
7 accessible to the user when in a seated upright
8 orientation,
9 c) a carriage assembly including two hand grips concurrently
10 movable along said track assembly in opposite directions,
11 d) a resistance assembly including a line extending along a
12 predetermined path of travel and in interconnecting
13 relation to said hand grips, and
14 e) said resistance assembly including a resistance mechanism
15 engaging said line and structured to exert a movement
16 restrictive force thereon.
17 2. An exercise assembly as recited in claim 1 wherein said
18 resistance mechanism is disposed along said path of travel
19 between said hand grips and in continuous engagement with a
20 length of said line.
21 3. An exercise assembly as recited in claim 2 wherein said
22 resistance mechanism is structured to vary both said
23 restrictive force and a resulting force required to move said
24 hand grips along said track assembly.
25 4. An exercise assembly as recited in claim 1 wherein said track

1 assembly includes an open end at least partially defining said
2 front portion, said open end dimensioned to at least partially
3 receive the user on an interior of said track assembly.

4 5. An exercise assembly as recited in claim 4 wherein said track
5 assembly includes a closed end oppositely disposed to said
6 open end and at least partially defining said path of travel
7 of said line.

8 6. An exercise assembly as recited in claim 5 wherein each of
9 said hand grips are movable with said line along said path of
10 travel, said hand grips reciprocally movable between said open
11 end and said closed end.

12 7. An exercise assembly as recited in claim 5 wherein said track
13 assembly comprises two spaced apart track segments, each of
14 said track segments movably supporting a different one of said
15 hand grips and comprising a linear substantially hollow
16 configuration.

17 8. An exercise assembly as recited in claim 7 wherein said
18 carriage assembly comprises a plurality of carriages movable
19 along said track assembly, each of said hand grips secured to
20 and movable with a different one of said carriages along a
21 different one of said track segments.

22 9. An exercise assembly as recited in claim 7 wherein said line
23 is adjustable along its length and connected to each of said
24 handgrips to vary the relative positions thereof upon
25 adjustment of said line.

- 1 10. An exercise assembly as recited in claim 9 wherein said
- 2 carriage assembly comprises at least two carriages each
- 3 supporting a different one of said hand grips and movable
- 4 along a different one of said track segments.
- 5 11. An exercise assembly as recited in claim 10 wherein said two
- 6 carriages are movably connected both externally and internally
- 7 to corresponding ones of said track segments.
- 8 12. An exercise assembly as recited in claim 11 wherein each of
- 9 said carriage assemblies include a roller assembly
- 10 rotationally engaging interior portions of corresponding ones
- 11 of said track segments.
- 12 13. An exercise assembly as recited in claim 12 wherein each of
- 13 said track segments comprise a rail assembly disposed within
- 14 and extending along a length thereof, said rail assembly and
- 15 said roller assembly cooperatively structured to movably
- 16 secure said carriages to corresponding ones of said track
- 17 segments.
- 18 14. An exercise assembly as recited in claim 11 wherein each of
- 19 said carriages includes a shell disposed externally of and in
- 20 at least partially surrounding relation to corresponding ones
- 21 of said track segments.
- 22 15. An exercise assembly as recited in claim 14 wherein each of
- 23 said carriages include a roller assembly secured to said shell
- 24 and rotationally engaging interior portions of corresponding
- 25 ones of said track segments.

- 1 16. An exercise assembly as recited in claim 1 wherein said track
- 2 assembly is adjustably connected to said base and selectively
- 3 positionable relative thereto to facilitate operative
- 4 positioning of the user relative to said track assembly.
- 5 17. An exercise assembly as recited in claim 16 wherein said track
- 6 assembly is height adjustable relative to the supporting
- 7 surface.
- 8 18. An exercise assembly as recited in claim 1 wherein said track
- 9 assembly is disposed in a predetermined angular inclination
- 10 relative to the supporting surface.
- 11 19. An exercise assembly for a user's upper body, said exercise
- 12 assembly comprising:
 - 13 a) a frame including a base disposed on a supporting surface
 - 14 and a track assembly connecting to said base,
 - 15 b) said track assembly including an open end and a
 - 16 substantially closed end and two track segments
 - 17 collectively convergent from said open end to said closed
 - 18 end,
 - 19 c) two hand grips linearly and reciprocally movable along
 - 20 different ones of said track segments,
 - 21 d) a resistance assembly including a line extending along a
 - 22 predetermined path of travel in interconnecting relation
 - 23 to said hand grips,
 - 24 e) said resistance assembly including a resistance mechanism
 - 25 engaging said line and structured to exert a movement

- 1 restrictive force thereon, and
- 2 f) said open end disposed and sufficiently dimensioned to at
3 least partially receive the user therein when the user is
4 in a seated, substantially upright orientation.
- 5 20. An exercise assembly as recited in claim 2 wherein said
6 resistance mechanism is structured to vary the restrictive
7 force and a resulting force required to move said hand grips
8 along said track assembly.
- 9 21. An exercise assembly as recited in claim 19 wherein said track
10 segments are disposed in a predetermined angular inclination
11 relative to the supporting surface.
- 12 22. An exercise assembly as recited in claim 21 wherein said track
13 segments are substantially coplanar with one another.
- 14 23. An exercise assembly as recited in claim 19 further comprising
15 a carriage assembly including at least two carriages each
16 supporting a different one of said hand grips.
- 17 24. An exercise assembly as recited in claim 23 wherein said line
18 is interconnected and movable with said carriages along said
19 path of travel.
- 20 25. An exercise assembly as recited in claim 23 wherein said two
21 track segments each have a linear, at least partially hollow
22 configuration.
- 23 26. An exercise assembly as recited in claim 25 wherein said two
24 carriages are movably connected both externally and internally
25 to corresponding ones of said track segments.

- 1 27. An exercise assembly as recited in claim 26 wherein each of
- 2 said carriage assemblies includes a roller assembly
- 3 rotationally engaging interior portions of corresponding ones
- 4 of said track segments.
- 5 28. An exercise assembly as recited in claim 27 wherein each of
- 6 said track segments comprise a rail assembly disposed within
- 7 and extending along a length thereof, said rail assembly and
- 8 said roller assembly cooperatively structured to movably
- 9 secure each of said carriages to corresponding ones of said
- 10 track segments.
- 11 29. An exercise assembly as recited in claim 28 wherein each of
- 12 said carriages include a shell disposed externally of and in
- 13 at least partially surrounding relation to corresponding ones
- 14 of said track segments.
- 15 30. An exercise assembly as recited in claim 19 wherein said track
- 16 assembly is height adjustable relative to the supporting
- 17 surface.
- 18 31. An exercise assembly as recited in claim 19 wherein said track
- 19 assembly is disposed at a predetermined angular inclination
- 20 relative to the supporting surface.
- 21 32. An exercise assembly as recited in claim 19 wherein said line
- 22 is adjustable along its length and cooperatively disposed and
- 23 structured with said handgrips to vary the relative positions
- 24 of said handgrips upon adjustment of said line.